



Milk

The exceptional value of milk as a food is generally recognised. Have you ever considered *why* it is so valuable? Milk provides calcium for building and maintaining strong bones and teeth; it provides protein for building and renewing flesh, muscles and other tissues; it is an important source of some of the vitamins so essential for vitality and good health and it gives us energy. We cannot, however, rely on it as a source of vitamin C or iron, and it is necessary to take other foods which contain these. Fresh fruits, vegetables and orange juice give us vitamin C, while national or brown bread, the yolks of eggs, and, when we can get it, liver supply iron needed by our blood.

MILK is especially important for expectant and nursing mothers and for young children. These people have a special need. Mothers must provide their babies with material needed for growth and development; children, too, need the right nutrients so that they will grow properly, have sound teeth and good health. In supplying the materials needed for growth and health there is no single food as valuable as milk. Because of its high food value and of the fact that it is easily digested, milk should be a main food in every household. When it is plentiful use as much as possible, and when it is scarce remember that the needs of children and nursing or expectant mothers are paramount.

Facts you should know about

Milk

minimum fat content. Pasteurised milk does not sour as quickly as milk which has not been heat treated.

PASTEURISED MILK

If you buy pasteurised milk you can be sure that it is safe because, before bottling, the milk has been subjected to heat treatment and then immediately cooled. This process, called pasteurisation, destroys harmful bacteria, and, provided you follow carefully the instructions given in this leaflet for keeping milk clean, cool and covered after the bottle has been opened, the milk should remain "safe". Although the heat may have the effect that the cream in the milk when left to stand cannot be seen clearly, pasteurised milk conforms to a

TUBERCULIN TESTED (T.T.) MILK

Milk is sold as T.T. when produced from cows which have passed a veterinary examination and a tuberculin test, so that the milk is not a carrier of tuberculosis germs. It is usually raw milk (not heat treated) and it may have been bottled on the farm. When T.T. milk is pasteurised it is sold as "Tuberculin Tested Milk (Pasteurised)".

STERILISED MILK

Sterilised milk is sold in hermetically sealed bottles in which the milk has been heat treated. The cream will not rise to the top of the bottles, because the milk is treated to hold the fat evenly throughout. This process, called homogenisation, is necessary to prevent the cream forming clots on the surface of the milk. Like pasteurised milk, it is "safe". Sterilised milk when opened will keep in good condition for 2-3 days.

CANNED MILK

Before canning, milk is evaporated to remove some of the water, so that it is more concentrated than fresh milk, but the food value varies according to whether or not the milk contains all its cream.



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In evaporated milk the cream is retained, but the milk generally called "sweetened condensed" may be prepared from either whole milk or from skimmed milk; the latter means that part or all of the cream has been removed. The added sugar not only sweetens the milk but helps to preserve it, so that even when opened it will keep in good condition for several days. It is not essential to remove all the milk from the can immediately on opening. Use it as required, and when necessary dilute it with water. Follow the directions on the can or add twice as much water as milk.



The diagram shows a good way of opening a can of evaporated milk. Punch two holes in opposite sides of the top of the can.

DRIED MILK

There are many varieties of dried milk available for babies in the form of proprietary infant milk foods, as well as National Dried Milk. These dried milks are often "modified" by the addition of extra vitamins, and when made up according to the directions provided with the container may equal or even surpass fresh milk in food value.

When milk is treated by any one of the processes mentioned above there is a small loss of nutritive value. Some vitamin B₁ and vitamin C may be destroyed, but fortunately we do not rely on milk alone to supply them. Any loss in nutritive value during the preparation of these various types of milk need not worry you. It is, in fact, less than the normal variation in raw milk due to changes in season, feeding or in the health of the cow.

KEEP MILK CLEAN COOL AND COVERED

You probably know that besides being a good food for us, milk can be a tempting food for germs and harmful bacteria. To safeguard health milk is generally pasteurised or heat treated. It is essential, where it has not been pasteurised or heat treated in any way, to scald milk before giving it to children to drink.

The nutritional losses due to heating are very slight and relatively unimportant, and milk remains a very valuable food, whether it is drunk "straight" or used in recipes.

Take care to keep milk clean, cool and covered. Here are some practical hints.

When the milkman delivers your daily supply, take the bottles indoors immediately and wipe the outside of each bottle with a clean, damp cloth.

Where there is no refrigerator, milk should be kept in a cool place, if possible in a current of cold air. The floor is cooler than a table or upper shelf. Never place milk in an unventilated cupboard.

A good way to keep milk cool is to half fill a basin with cold water, and to stand the milk bottle in it. Saturate a clean flower pot or a piece of butter muslin with cold water, put it over the milk bottle, resting it on the neck and seeing that it touches the water. The water should be changed occasionally.

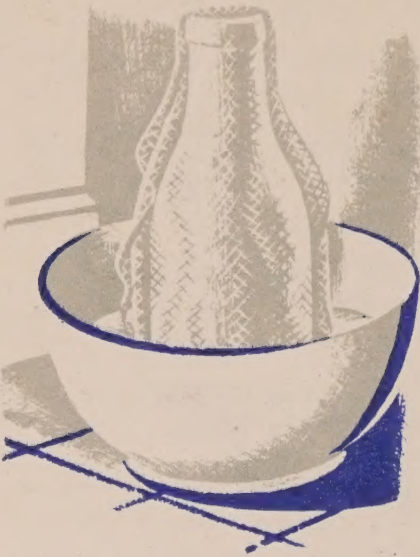
In very hot weather you may find it is advisable to scald milk as soon as it has been delivered. Heat the milk almost to boiling (but be careful not to boil it), pour into a clean jug and cool as quickly as possible by standing it in a bowl of cold water.

Milk must be kept in a container which is scrupulously clean. It will keep best in the bottle in which it is delivered, for this has been sterilised before being filled. If you use a jug make sure it is clean.

Keep milk jugs covered so that dust and flies cannot carry germs into the milk. Even in a refrigerator, milk should be covered to prevent it from absorbing flavour from other foods.

To clean jugs which have contained milk, rinse first in cold water and then wash and scald with boiling water. Allow to cool before filling with milk.

Never mix yesterday's milk with today's milk.



Recipes

BAKED MILK PUDDING

1½ oz. rice, sago, tapioca or
pearl barley
Pinch of salt
2 level tablespoons sugar

1 pint milk
¼ oz. margarine or butter or
suet

Wash the cereal and place in a pie dish with the salt and sugar. Add the milk, and, according to taste, a grating of nutmeg, or orange or lemon rind, on the top. Dot with the fat. Bake in a slow oven—1 hour for sago and tapioca; 2 hours for rice and pearl barley—stirring once or twice during the first half-hour. It is the long slow baking that makes a milk pudding creamy.

N.B.—Pearl barley may be allowed to soak in the milk overnight.

MILK MOULD

1½ oz. cornflour or arrowroot
or 2 oz. semolina
Pinch of salt

1 pint milk
2 level tablespoons sugar
A few drops of flavouring
essence

Blend the cornflour or semolina and salt with a little of the cold milk, bring the remainder to the boil and pour on to the blended mixture. Mix well, return to the pan and stir until it boils. Boil gently—3 minutes for cornflour, 5 minutes for semolina and just bring to the boil for arrowroot. Remove from the heat, stir in the sugar and flavouring and pour into a wetted mould. Leave to set and turn out.

Variations

- 1 *Chocolate Mould:* Add 1½ level tablespoons cocoa to the cereal and increase the sugar to 3 level tablespoons. A few drops of vanilla flavouring may be added to taste.
- 2 *Coffee Mould:* Omit the flavouring. Add 2 tablespoons coffee essence with the sugar.
- 3 *Mocha Mould:* Omit the flavouring. Add 1 level tablespoon cocoa to the cereal and use ½ pint milk and ½ pint black coffee instead of 1 pint milk. Increase the sugar to 3 level tablespoons.



TO TEST FOR BLOOD HEAT

(Either) Drop a spot of milk from the tip of a teaspoon on to the inside of your wrist.
(or) Heat half of the milk almost to boiling and pour on to the remainder of the cold milk.

JUNKET

- 1½ pints milk
- 1 level tablespoon sugar (optional)
- A little vanilla or other essence (optional)
- Rennet as directed on the bottle

Place the milk, sugar and flavouring in a pan and warm to blood heat. Pour into a dish and add the rennet, stirring quickly and gently. Leave undisturbed in a warm place until set, about an hour.

N.B. If diluted condensed milk is used, omit the sugar and use twice the usual quantity of rennet.

Variations

- 1 *Coffee*: Add coffee essence to taste and heat with the milk. Increase the sugar to 2 level tablespoons.
- 2 *Chocolate*: Add 2-3 level tablespoons cocoa to the milk and increase the sugar to 2 level tablespoons. Whisk with a fork during the heating.
- 3 *Treacle*: Omit the sugar. Add 1 tablespoon black treacle to the milk and stir during heating.

MILK JELLY

- 2-3 level tablespoons gelatine
- 2 tablespoons boiling water
- 2-3 level tablespoons sugar
- Thinly pared rind from 1 lemon
- 1 pint milk

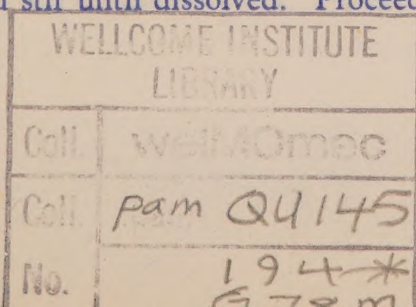
Dissolve the gelatine in the water, add the sugar and cool. Put the lemon rind and milk in a saucepan, warm to blood heat and strain. Stir the gelatine carefully into the milk. Pour into a wetted mould and leave until set.

MILK JELLY WHIP

- 2 level tablespoons powdered gelatine
- ¾ pint unsweetened fruit juice
- 2 oz. sugar
- Colouring, if necessary
- ¼ pint undiluted evaporated milk

Soak the gelatine in a little of the cold fruit juice. Heat the remainder and pour on to the gelatine mixture, add the sugar and stir until dissolved. Add colouring if necessary, and leave to stand until just beginning to set. Stir in the milk and whisk until light and frothy. Serve cold in a large bowl or in individual glasses.

N.B. A 1-pint packet jelly or jelly crystals can be used in place of the gelatine, fruit juice and sugar. Place the jelly in a measure, make up to ¾ pint with very hot water and stir until dissolved. Proceed as above.



CREAM OF VEGETABLE SOUP

About $\frac{1}{2}$ pint vegetable purée
(see below)
1 oz. margarine or dripping
1 oz. flour
1 pint milk

2 level teaspoons salt
 $\frac{1}{4}$ level teaspoon pepper
2 level tablespoons chopped
parsley or watercress

Make a sauce with the fat, flour and milk (see recipe for White Sauce) and add the hot vegetable purée and seasoning. Mix well and serve at once, sprinkled with the parsley or watercress.

To obtain the vegetable purée use one of the following:



1 lb. any root vegetable
or $\frac{3}{4}$ lb. potatoes and 8 oz. watercress
or $\frac{3}{4}$ lb. tomatoes
or 2 lb. marrow or ridge cucumber
or 6 oz. dried peas
 $\frac{1}{2}$ pint boiling water and 1 level
teaspoon salt

Whichever vegetable is used cook it until tender in the boiling salted water. The dried peas should be soaked overnight before cooking. Rub the cooked vegetables through a sieve and keep hot until required.

MILK FLIP

1 pint milk
 $1\frac{1}{2}$ teaspoons vanilla essence

1 level tablespoon sugar
A few drops of cochineal

Shake all the ingredients together and serve very cold.

Alternative Flavourings

to use instead of vanilla:

- 1 *Coffee:* Omit the cochineal. Add 2-3 teaspoons coffee essence.
- 2 *Caramel:* Omit the cochineal. Dissolve the sugar in 1 dessertspoon water and heat until a deep brown colour. Heat the milk, stir carefully into the caramel and mix well. Use cold.
- 3 *Fruit:* Omit the sugar and cochineal. Add 2 tablespoons fruit cordial, whisk well and serve immediately.
- 4 *Raspberry:* Add 1 teaspoon raspberry essence.

